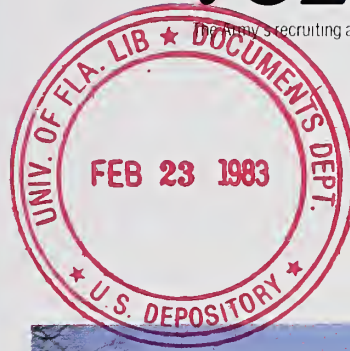


D118.9:
36/2

all
VOLUNTEER

The Army's recruiting and retention professional magazine since 1919

FEBRUARY, 1983



COAST TO COAST

Total Fitness



Commander's Notes



I welcome this opportunity to greet all of you, soldiers and civilians, of the Recruiting Command. As a soldier, I am proud and happy to be taking command of those who have been "manning the force" so successfully. You should be proud of your accomplishments. Together, we will continue to "Provide the Strength" for the years to come.

This issue of *all VOLUNTEER* features a subject of special importance to soldiers throughout the Army — individual physical fitness.

"Fit to Fight" is the Army's slogan to emphasize the necessity for physical fitness in the Army. For those of us assigned to recruiting duties the need to maintain our physical well-being is doubly important. While we do not face the daily physical exertion encountered by soldiers in units of the combat arms, we do meet the very real stresses of dealing with people, on many levels, each and every day, often over periods of many hours. Additionally, we do this as representatives of the Army, with all of the requirements of decorum and appearance this entails.

Convinced that fitness consists of more than weight control or the "daily dozen," Army leaders are approaching the problem as a total system. The Soldier Physical Fitness Center in Ft. Benjamin Harrison and the Army Physical Fitness Research Institute at Carlisle Barracks are responsible for coordinating research to determine the Army's immediate and future needs in the

physical fitness area.

Already, separate regulations for physical fitness and weight control have been promulgated, the over-40 program affords less time to get in shape, and the weight control program will incorporate a method to determine body fat such as that used by the Marine Corps.

This Command is formulating its plans to execute the Army's program, allowing for the fact that USAREC consists of some 62 separate commands throughout the country. This issue of *all VOLUNTEER* addresses USAREC's developing program, and Army Health Services Command provides some insight on various aspects of physical fitness. The activities of some recruiters, athletes, and soldiers serving in the tropics are presented to illustrate physical achievement in a variety of activities.

The responsibility to achieve the desired state of physical fitness lies with each individual. I insist that we recruiters be "Fit to Fight" and "Fit to Recruit," and leaders at each level must set the example and provide the opportunity for others to follow.

A stylized, handwritten signature of J. O. Bradshaw in dark ink.

J. O. BRADSHAW
Major General, USA
Commanding



MG Jack O. Bradshaw
CG, US Army Recruiting Command

LTC William A. Knapp
Chief, Public Affairs, USAREC

Wm. H. Finnegan
Editor

SFC Dennis Kramp
Contributing Editor

SSG Jerry Simons
Assistant Editor

CORRESPONDENTS

Pete Bentley	Northeast RRC
SFC David L. Taylor	Midwest RRC
Jill Snell	Southeast RRC
SGT Ronald J. Nelson	Southwest RRC

Permission is granted to reproduce any material appearing in the *all VOLUNTEER* except that which is marked copyrighted. Credit is requested on reprinted articles.

DEADLINE — Photos and articles due first each month two months prior to publication.

Phone:

C: 312-926-3918
A: 459-3918

Published monthly by the Office, Chief, Public Affairs, U.S. Army Recruiting Command as a medium for the active exchange of ideas between persons involved in recruitment and retention for the United States Army. Use of funds for printing this authorized unofficial publication has been approved by Headquarters, Department of the Army, 10 September 1982. Second class postage paid at Milwaukee, WI. Views and opinions are not necessarily those of the Department of the Army. Items of interest should be mailed to:

Commander
U.S. Army Recruiting Command
ATTN: USARCCS-PA (VOLUNTEER)
Ft. Sheridan, IL 60037

all VOLUNTEER (USPS 305-870)
*Postmaster send address changes
to address above.

D118.9:36/2

FLARE

all **VOLUNTEER**

The Army's recruiting and retention professional magazine since 1919



VOLUME 36 NUMBER 2 FEBRUARY 1983

FEATURES

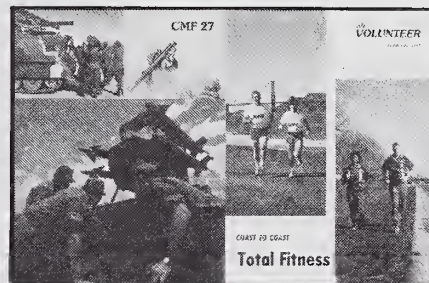
Army fitness	4
Fit for the jungle.....	6
The way of Seibukan	9
Ump's lumps	10
The gold and glory	12
Health tips from Health Services Command	14
USACC's biggest customer	20
Fitness improves image	24
SMP satisfies cadet	28
Hometown aides—one pair	29
Organized for crisis	30
CMF 27	31

DEPARTMENTS

Field File	16
Update.....	22
Recruiter Aid	23
Diagnostic Test	26
Top 100 Club.....	27

ABOUT THE COVER

Soldiers demonstrating USAREC's determination for physical fitness are Staff Sergeants Annette Holland and Oliver P. Chapin of the Baltimore/Washington DRC and 1st Lieutenant Susan Willard with Sergeant First Class Michael Lower of the San Francisco DRC. The photos were taken in the famous locations by MSG Stanley Cordell of USAREC-PAO.



Total person is fitness goal

Staff feature

Physical fitness and well being are nothing new, but increased emphasis is being placed on them by both the civilian and military communities. Oriental cultures have long provided the opportunity for people to "refresh" themselves with physical activity. Japanese factory workers can usually be seen taking a "physical break" with games such as volleyball, as a counterpart to the American's "coffee break."

Today, American corporations are offering jogging paths, physical fitness workout rooms and, in general, providing an environment aimed at making people more physically and mentally tuned and productive. Hotels and motels are providing physical fitness areas for their guests.

Magazine articles, paper back books, television and radio programs feature methods by which you can get more out of your life. Countless dollars are being spent annually for membership in health clubs and spas and for physical fitness equipment ranging from stationary bicycles to sauna belts and workout suits.

While the Army has always pushed fitness for obvious reasons, today's Army is concentrating on a total person fitness program aimed at both soldiers and their families. The program consists of several parts, aimed at the entire lifestyle of an individual.

Fitness experts for the Army feel overall physical well-being can be achieved only through the proper combination of aerobic exercise, stress management, good nutritional diet, smoking, drug and alcohol avoidance and weight-control.

Highlights of the five-part family program are:

- Aerobic fitness — designed to develop a higher level of fitness through exercises that influence the body, particularly the heart and lungs.

- Stress management — deals with the harmful effects of experiencing too much stress. Concentrates on identifying stress and provides methods to guard against its harmful effects.

- Nutrition — the development of a sound nutrition program with emphasis on the correlation between diet and heart disease, caloric counting and the importance of menu planning.

- Smoking/drug/alcohol avoidance — the needs to stop smoking are presented along with the effects of alcohol and drug abuse, the habits that cause more emotional tension, physical harm and family heartbreak than any of the other fitness issues.

- Weight control — understanding nutrition from the point of view of losing weight.

Proving to be a major influence in the continuing growth of Army fitness expertise is a small group of educators at Carlisle Barracks, PA. According to SP5 Bill Branley of ARNEWS, there, at the Army War College, COL Fred Drews instructs future senior leaders in such things as nutrition, weight control, strength development and prevention of cardiovascular diseases.

The three-officer team, plus a non-commissioned officer and a civilian secretary, form the new Army Physical Fitness Research Institute.

Organized in January, 1982, the Institute has contributed to such programs as over-40 physical training, cardiovascular screening, stress reduction techniques, the Army Physical

Readiness Test and a program to prepare non-commissioned officers to become battalion-level fitness trainers.


In addition, the Institute provides technical assistance to the Soldier Physical Fitness Center at Ft. Benjamin Harrison, IN, and the Army Surgeon General's Office.

"The Institute can't be looked at strictly as a 'think tank'", Drew stated. "We're idea people, but we do realistic work that leads to important information for the Army to use in its fitness programs."

"We can't view physical fitness development solely as a physical exercise program," Drew added. "We must pay adequate attention to nutrition, rest, recreation and health protection measures before we can exercise in a beneficial way."

"The Army Recruiting Command program runs parallel to the DA plan," stated COL William J. Meehan II, USAREC's Director of Personnel, Administration and Logistics. "We're concerned with both the soldier and the family."

Charged with development of the USAREC plan, Meehan said, "No longer is Army fitness limited to the daily dozen. We want fitness to become a way of life, not something just measured during a PT test."

"Every phase of our program," he added, "can be used by every member of the Army family. USAREC's goal is to educate the Army family so fitness becomes a natural activity. The total person fitness concept is another step in our Quality of Life approach. We're sincerely concerned with the physical and mental fitness of the soldier and the soldier's family." 

Doctors at Walter Reed Army Medical Center are now in the process of translating some of sports medicine's principles into a special study to provide the total Army with individually tailored physical fitness programs.

"Sports medicine aims to get the maximum out of athletes. We are expanding the application to get the maximum out of non-athletes," said

MAJ Michael Long in the Physical Medicine and Rehabilitation Service.

Long, a physiatrist who works with conditioning paraplegics and amputees, is familiar with the field of sports medicine. His work requires a specialist's knowledge of processes that affect the neuro-muscular, muscular-skeletal and cardio-vascular systems.

As a rehabilitation specialist, Long

himself has expert knowledge in the biomechanics of running and walking, gait abnormalities, sprains, strains, tendonitis, cardio-vascular physiology — all closely related to exercising properly, staying with an exercise program and keeping fit.

The proposed study, has the major goal of establishing injury-free, hand-tailored exercise programs that will

WALTER REED MED CENTER REPORT

Doctors study tailored programs

Story by Nancy Starnes,
Walter Reed Army Medical Center

motivate people to stay permanently with their own exercise program or plan. "It's got to be on a regular basis," Long emphasized. "Only that and proper nutrition are the way to physical fitness."

"The biggest problem is that people start on an exercise program in a crisis situation — 'I'm going to do it in one day.' That's when the complications arise."

The pilot project has individualized nutrition programs to fit all ages, conditions and lifestyles. Some of sports medicine's most sophisticated tests have been included in the plans to pinpoint levels of endurance, strength, exact percentages of body fat and lean muscle mass.

"We also would educate participants as we go along on the effects of exercise on their body. We believe that understanding how exercise affects you would be a motivator to keep people at it."

The bottom line is, bodies are meant to move, not sit in chairs. "The body, a complex organism, responds to the physical stresses placed on it on a daily basis," Long said. "If the ligaments, muscles and tendons aren't stressed (exercised), they get weak. Then when activity calls for a sudden response maximal stress, the result is a sprain or strain."

"People like us, who sit in an office most of the day, need motion. It keeps

the circulation tuned up and helps the body eliminate waste products. Everything gets turned on with exercise. For instance, keeping cartilage — the body's shock absorbers — healthy. When we walk or run, we compress and release the cartilage between our joints. This squeezes the waste products out and lets fresh nutrients enter."

To keep degenerative processes from getting under way in our body's various systems takes daily activities. "That's what determines how healthy you are — activities like walking, running, being outside, riding a bike — we need to be almost constantly in motion."

"In your twenties your body is able to take care of itself. But in your thirties you start suffering the consequences of inactivity, also poor nutrition.

The study group would teach participants what happens to bodies that don't move. "Our muscles get smaller, so we have a smaller engine. Muscles are the body's engine that move it around and burn up food. Thus, the smaller engine means less food will be burned up, and more food will be stored as fat," he said.

In contrast, the more muscle you have, the more you can eat. Long compared a body that has 25 percent fat to a Cadillac with only a four-cylinder engine. "If you don't have enough muscle, you have a small

engine to haul yourself around — not much energy or endurance. A small engine doesn't burn up much gas, either. It takes muscles to burn up food."

Long said that they would bring in a special tank for weighing people underwater. Participants would sit over a big water tub in a swing hooked up to a scale, then be submerged and weighed.

"Fat floats," Long explained. "Before they got weighed in the tank, we'd weigh them on regular scales. Only the lean muscle mass is recorded when you're under water. When you subtract the underwater weight of a person from the regular weight, you get the exact percentage of fat in a person's body."

Because emotions are tied to a person's physical condition, Long said, "exercise is better any day in reducing anxiety than valium, and for giving people a sense of well being. Exercise can get rid of negative self images, too, that interfere with other parts of life."

After the evaluation, Long said, the study group would prescribe an exercise program that was basically best for each individual, along with an individualized nutrition program. "The two go hand-in-hand," he said.

"The bottom line really is getting the maximum out of non-athletes, people like us," Long said. "We think the study could show us how."

Fit for the Jungle

by PFC Janos T. Gaspar
25th Inf Division PAO
Art by Len Trzeciak
USAREC-PAO

For the first time in history, American soldiers attended the Malaysian Combat Tracker Course conducted by the Malaysian Special Forces in Sungai Udang (Shrimp River area) and Labis, Malaysia.

Staff Sergeant Ronald Grenier, Air Assault School, and SGT Robert Gardner, CSC, 1-14th Infantry, were selected from 25th Division personnel to attend the grueling course.

The course, which teaches soldiers the ins and outs of tracking enemy through the thickest of jungles, using sight, sound and smell, used to be run by the Malaysia Infantry Center at Pulada, Malaysia with the help of British advisors. The Malaysian Special Forces took over this year. The two courses were identical as far as tracking precision went, but the Special Forces course is far more physically demanding, involving much more training in land navigation and small syndicate (squad) tactics.

Malaysia is a small nation which

on the unacclimated human body. Grenier lost 20 pounds and Gardner 18 in a matter of 54 days.

Dense Jungles

When the American duo arrived in Malaysia, testing of their physical fitness began almost immediately with a PT test, Malaysian style. The traditional two-mile run was achieved in full combat gear, including the M16, in sweltering late morning heat and 90-plus humidity. Gardner and Grenier came in at about 14 minutes, breaking the Malaysian record.

Tracking Courses

Classes were conducted at Sungai Udang. Since they were conducted in Bahasa, the national language, problems in communication popped up. The head instructor of the course, however, volunteered his English skills and translated much of the info for the Americans, who later on began to pick up the Bahasa quite well.

After the classes, the time for the real tracking had arrived. The 90-man team (with 88 Malaysian nationals of Indian, Chinese or Malay origin) headed south into the jungles and

guerilla wearing sandals or jungle boots, or whether he's trying to fool you by wearing pig's feet on his soles or whether he's trying to pull one over on you by making you think he's an aborigine going barefoot. You can spot enemy activity by such little things as moss scraped off the rock, grass pushed forward, or broken twigs or ant hills kicked up. Hey, the course is good!" Gardner exclaimed.

The tracker course is excellent in terms of American standards, but as Gardner put it, "Tracking is like a sixth sense to the Malaysians. They spend every minute of their lives tracking in one way or another, even if just for food."

Although the Americans were foreigners and were stared at a lot in the beginning, Grenier said that "we were treated like kings."

Friendly Pros

"They were friendly, and yet, professional," said Gardner. "They made us stay about a week after the course, making sure we knew everything we should and then teaching us how to teach the course in the U.S."

The Malaysians have an internationally-trained Army. Although they train with Britain's special forces and with other high-level military units, they still rate the US schools, like the Ranger course, the best in the world.

"They knew we were ranger-qualified, so whenever something tough had to be done, they'd say, 'ranger, lead the way!'" stated Grenier.

Malaysian rations consisted of two packets of rice, one can of "very boney" chicken comparable in size to a US B-2 unit can, one can of beef, one can of salted fish, one can of pineapple and packets of salt, pepper and tea, which is Malaysia's favorite drink due to the country's heavy British

...testing of their physical fitness began almost immediately with a PT test, Malaysian style.

gained its independence from Britain in 1952. Located on the Malay Peninsula, jutting out into the South China Sea, it is covered from its northern Thailand border to its southern coast with nearly-unbreachable jungle, saturated with tigers, elephants, and deadly cobra. Tracking anything through this impenetrable growth can take its toll

dense rubber tree plantations of Labis.

"When jungle tracking," said Gardner, "you learn to spot a lot of things, like booby traps. And just from one print in the ground, you can tell the size of a person — man or woman — whether he is running, what he is carrying, in what direction he is moving. You can even tell whether he is a

influences. Since most of the jungle nation is Muslim in religion, pork cannot be even mentioned. This diet, and the long, humid hours of physical exertion, proved to be a major obstacle for the Americans, who were used to starchy and carbhydrated foods like potatoes.

"This diet was rough," said Gardner. "We had to supplement it with whatever we could hunt down -- wild boar, herbs, roots and monkeys."

"The Iban call the jungle their garden," Gardner said.

"The jungle survival course the US runs in Panama is nothing compared to this. The US course can't touch this one as far as survival and field craft are concerned. I mean the Iban can take a simple palm leaf and create blankets," Grenier stated.

Patience A Virtue

Spending six weeks in a jungle can do things to a man's nerves, too, not just his stomach. When tracking, patience is truly a virtue, and keeping your cool a blessing. "You can never panic, never lose it or you're done for," Grenier said. The Malaysians value this highly, for unlike America, the Malaysians have enemy on their soil, in their jungles.

Communist terrorists infiltrate Malaysia constantly. Although the Malaysians have contained the "CT" around the Thailand border, just a whisper of the letters "CT" causes Malay troops to slouch low, peering into the jungles with hunger in their eyes. The Malaysians are always patrolling the border areas, tracking. The problem is minor, yet to the Malaysians it's serious business.

Both Grenier and Gardner graduated with honors, 3rd and 2nd, respectively.

"You've got to want to be a tracker," Gardner said, "if you make it through

this course. I would like to put this training to use here, although I doubt it'll ever happen. Tracking is a way of life. It's not like you can take an SQT on it once a year."

"It's an experience," stated Grenier. "that if you can accept the challenge, go for it. It'll happen only once in your lifetime. I'm lucky to have learned and experienced, even if I did lose some weight."





The way of Seibukan

by Steve Otten
Jacksonville, DRC

The Army's emphasis on physical fitness reflects the growing realization that being physically fit is an important factor in job performance. For one Jacksonville DRC reserve recruiter, this is not exactly news.

For the past 20 years, SSG Pearle "Skip" Ettinger has practiced the Oriental martial arts discipline of Seibukan. From 1963 to 1966, Ettinger was stationed with the 1st Special Forces Group in Okinawa. It was here that he became interested in Seibukan, an Okinawan form of karate. He continued to practice Seibukan from 1966 to 1971 while stationed in Vietnam and finally, in 1973, he returned to Okinawa to study with the Supreme Instructor of Seibukan. He returned to the United States in 1977 with a teacher's certificate.

Since his return he has directed and managed four Seibukan schools in Florida and Ohio. Not only has he taught karate, but he has competed as well, and very successfully. During the years from 1978 to 1980 he won the Florida State, North Florida and Sarasota Open Championships. He also finished 2nd in the Top Ten National Championship and 3rd in the US Open Championship. He was recently elected historian of the International Seibukan Association.

In order to maintain his competitive edge, Ettinger spends 2 one-half hours a day on physical training. He runs, does stretching exercises and practices his karate. Needless to say, this strict regimen has helped keep him in top physical condition. But what does all this have to do with recruiting? According to Ettinger, quite a bit.

The way Ettinger expresses it, "Recruiting is a very strenuous profession. The hours are long and the pressures are great. Being physically fit just makes the job a lot easier." In addition, his experiences in championship competition have given him self-confidence and a competitive spirit, two important

tools for a successful recruiter.

Karate has helped Ettinger in several other ways. He meets many people while teaching karate. Many of these people express an interest in the Army and Ettinger has already enlisted six of his students and has also received numerous leads.

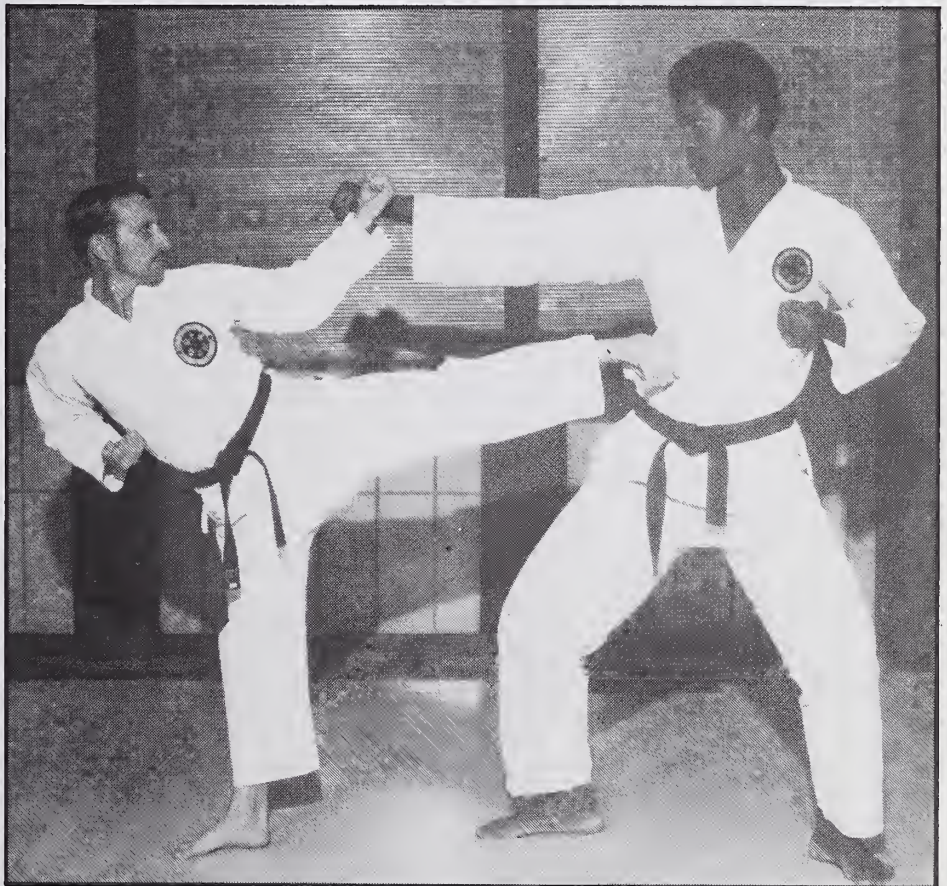
Ettinger's karate expertise has also been recognized and used by his area commander. On numerous occasions he performs at high schools and middle schools. He also represents the Army with many youth groups like the Boy Scouts and YMCA. In this way he helps many of the other recruiters in the Jacksonville Recruiting Area.

Karate has helped Ettinger get into high schools, produce leads and enlistments and gain self-confidence. Certainly the importance of physical fitness to SSG Ettinger's recruiting is

considerable, but the study of martial arts has another benefit. The intense mental discipline required in karate has carried over to his recruiting efforts. As Ettinger says, "The mental discipline instilled in me by my Seibukan studies has helped me to deal with the stress involved with recruiting. I can concentrate better, and that is really helpful in this job."

In the year Ettinger has been assigned to the DRC, he has tried to use his karate training to make him a better recruiter. It seems to have worked. For FY 82, Ettinger recruited 200 percent of his objective despite the fact that he spent four months on TDY helping recruit for an RDF unit outside his station area. In recognition of his accomplishments, he was named Jacksonville Area Reserve Recruiter of the Year.

By all measures, Skip Ettinger is an extremely successful recruiter and his involvement in physical conditioning and karate played no small part in that success.



Ettinger (L) demonstrates center block, counter kick to Howard Boyce, one of his students who comes from St. Croix, VI for instruction.

Ump's lumps aid Guard

Story and Photos by
Gary Anderson
Texas ARNG



Jim Evans watches 3d base line during game #3, 1982 World Series.

Jim Evans, American League Umpire and Texas Army National Guardsman, was honored recently by being selected to umpire at the 1982 World Series. Until this year, the three umpires chosen from each league were selected by a seniority and rotation system. Now, the umpires are chosen by a merit system.

An eleven year veteran of the American League, Evans started officiating when he was 14 years old for \$2.00 a game. "Now I make almost twice that ... Just shows what inflation is doing to us," he jokingly said. Along with the increase in pay, however, came an increase in pressure. But Evans claims the screams of a home team crowd after he's called out their hero doesn't bother him. "You learn that early," he said. "Oh, maybe I was a little shaken at 14 when fathers would yell at me, but that soon fades. All umpires expect to get blasted by the home team crowds. If they can't take it, they shouldn't be umpires."

The position the umpire is officiating from can also add to the pressures. "A lot of people think the easiest position is second base but that couldn't be further from the truth. Second base is the toughest position to cover; you've got so many different angles to see plays from you're always trying to be in that perfect position to see the play."


"The players' mistakes present our biggest problem," he said. "The real pressure is that they expect you to be perfect from the first game and improve with experience."

Evans indorses the use of video equipment. "Videotape has been our greatest ally. Players are less likely to challenge you if they know its on the tape," he said. But he stopped short of relying on videotape for every close play. "You can't umpire with a camera. Lenses distort the views and can be misleading."

all
VOLUNTEER

What about the people that present more problems than videotape recorders--the Earl Weavers and Billy Martins? Evans thinks they're great for the game of baseball. 'We'll always have our problem children, but they don't create problems. They create situations that make the game interesting,' he said. "If we didn't have arguments, we wouldn't need umpires."

Evans is a Captain in the 100th Public Affairs Detachment of the Texas Army National Guard in Austin, TX. Recently he's worked with the recruiters on public affairs projects.

"If I, because of my civilian job, can be of service to the Guard to open doors at high schools and civic groups, I make myself available. Often groups invite me to talk about my civilian job and its a great way to demonstrate that all kinds of people can be and are in the Texas Army National Guard. 



Captain Jim Evans, Texas Army National Guard, speaks to local TV sports director.



Jim Evans "discusses" a play at 3d base with Chuck Hiller, St. Louis Cardinal coach, as thousands watch from the stands and millions more view on television during action last fall in Game #3 of the World Series. Evans, a Texas National Guard officer, starts his twelfth year this spring calling balls and strikes for the American League.

The gold and glory of Major

By MAJ Robert B. Robeson
Nebraska ARNG

The late German missile engineer Werner Von Braun perhaps put it best: when asked what it would take to reach the moon, Van Braun replied simply, "the will to do it."

His track performances are only a memory now, but the chances of beating Charlie Greene in the 1960s and early 1970s, at 60 or 100 meters, were not very probable, according to oddsmakers of the period.

"Too Cool" Charlie Greene, as the sports reporters were so fond of calling him—because of the sunglasses he always wore during the races and the "thumbs up" gesture he often made in crossing the finish line—had style. In those days he had the speed of descending lightning. At one time, he held four world track records simultaneously and this 5'-8", 38-year-old, Army officer from Ft. Lewis hasn't changed from this mode of living in the intervening years.

Charlie didn't just run, he blasted, rocketed and blazed down the track toward the finish line. While running for the University of Nebraska track team and the Army, he won four AAU, six NCAA and one US Track and Field Federation individual championships. In addition, he added 1968 Olympic Gold (400-meter relay) and Bronze Medals (100-meter dash) to his impressive list of credits and was inducted into the Drake (Relays) Hall of Fame in 1976.

In the 1968 Mexico City Olympics, Greene pulled a muscle in the 100-meter final and had to settle for a bronze medal. Still injured, he ran the 400-meter relay preliminary races a few days later. He froze the muscle with ice just before the final and the US team set a world's record of 38.2—a record that stood for 12 years. Today, he believes they could have cut the time to 37 flat or 37.1, if he hadn't been hurt.

This "cool" black man with the receding hairline—and hints of white showing at the temples—, glasses and black moustache isn't just another "dumb jock." He has the educational credentials to complement his track achievements: BA and MA degrees in Education and a MA degree in Guidance and Counseling.

He'll readily admit that trying to motivate a sprinter to beat him in his prime was a little like sending a person bear hunting with a buggy whip.

"There was no doubt in my mind that I was good," Greene admitted.



Charlie Greene shows his form as he easily outdistances his competition while winning a preliminary 100-meter race at the 1968 Mexico City Olympics.

Charlie Greene

"There was absolutely no doubt in my mind, whatsoever. I wasn't used to losing. People expect you to win and your ego demands that you win, so you develop the inner fiber and the toughness that's required in order to excel," he added.

Greene completed ROTC training at the University of Nebraska-Lincoln, and was commissioned a 2LT in 1967, but didn't enter active duty until May 9, 1969. He'd given the military a long hard look beforehand, though.

"I looked at the military as an organization that, on the whole, had been fair to black people ... had given them an opportunity for self-esteem and good employment," Greene said. "I found the idea of going into ROTC to be an opportunity to get leadership qualities and abilities honed. I was fortunate to get into the ROTC program

to do that."

When he talks, he speaks with his hands, eyes and facial features. The words are spoken with quiet conviction. Sometimes, there are long silences as he formulates his thoughts.

He has been assigned to West Point, where his work involved personnel management and administration. He also coached the Cadet track team. Then he was assigned to Seoul, Korea and now to Ft. Lewis — just a few miles from his home in Seattle that he left in the mid-60s to come to Nebraska. He's Chief of Personnel Services Division for the 9th Division there.

That's where CPT Rod Moore, the Nebraska Army National Guard State Equal Opportunity Officer, finally located him after nearly 14 months of effort. Moore asked him if he'd come to Nebraska to do some recruiting and

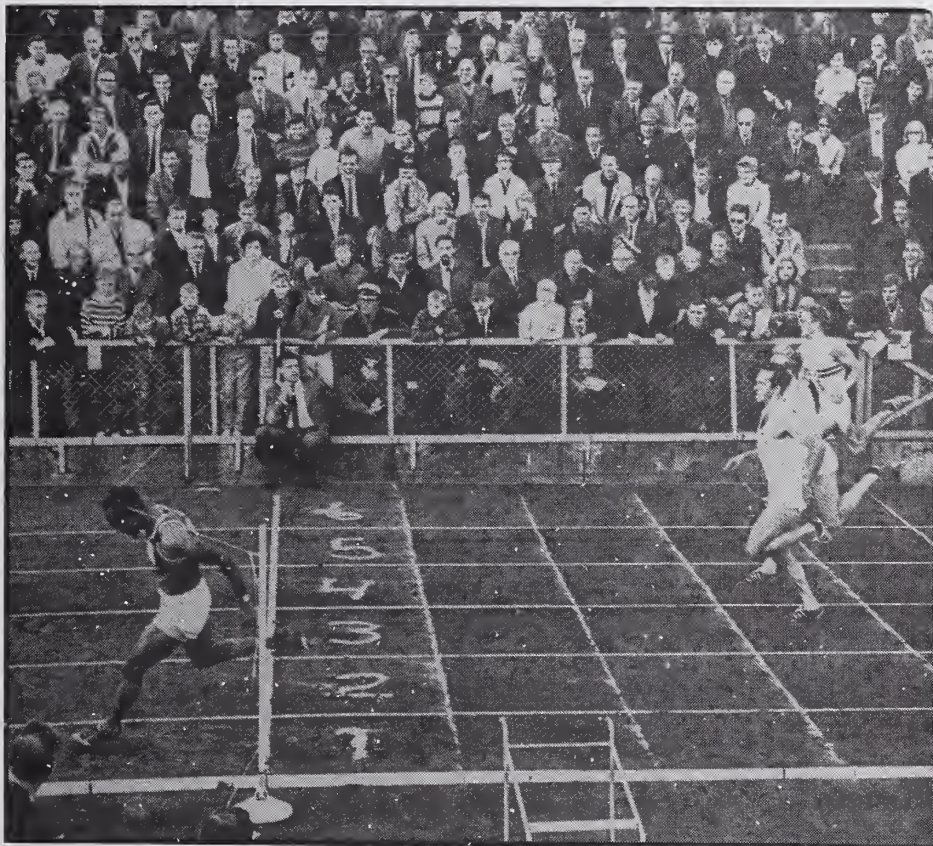
retention promotion for the NE ARNG. Greene graciously agreed.

In the tradition of a "One Army" concept, and with the assistance and cooperation of MG Robert M. Elton, the Commanding General of Ft. Lewis, Region VIII retention personnel in Denver, and Nebraska Educational TV (NETV) who filmed the spot and helped obtain NCAA race footage of Greene to use in the public service announcement, Charlie flew from Seattle to Lincoln to do the filming and also some radio spots for the Guard. The TV spot was played over 22 TV stations in six states recently and a radio spot ran on 122 radio stations. The TV spot generated so much positive feedback and popularity that it was extended an additional month of playing time—another first he can be proud of.

Spots such as this, and numerous articles in local and national publications on similar personalities, have increased awareness in Nebraska to what the Guard can offer and has played a part in the state's dramatic strength increase from 68 percent of authorized strength in 1978 to a present 95.5 percent level.

Charlie Greene has known the fireworks and excitement of being in the limelight as a world-class athlete, but beneath the lustre of international media attention, Olympic competition, "the will to do it" — as Von Braun stated—has always shone through in his character and personality.

"I personally like to be considered an individual who can be counted on," Greene said. "I like that, and I like to associate with people who are winners. It's so much nicer to be around positive people than it is to be around individuals who are always trying to find reasons why they can't succeed or do something," he added. "I like to be around positive people who are winners."



Charlie Greene winning a 100-meter race in Norway

Cholesterol: Everybody's Unseen Enemy

by Dr. Gary Grant
Health Services Command

Many of you have unhealthy levels of cholesterol right now and don't even know it. And at this rate, you won't know it until you have a heart attack. By then the horse is out of the barn.

Our children are also developing bad cholesterol eating habits that will be difficult to change. As great as it is to be an American, we have a pretty lousy track record for cholesterol, heart attacks, and high blood pressure. And our children are falling right into the old American mold — eating too much cholesterol, fat and salt.

Natural Chemical

Cholesterol is a natural chemical that our body needs to make various hormones and vitamin D. But like so many things, it's harmful in excess. (So are some vitamins, by the way.)

What we eat influences our blood levels of cholesterol, but the sad fact is that our bodies make internal cholesterol also, so diet doesn't deserve all the blame. In fact, some families have very high levels regardless of what they eat.

The Harm

Why is too much cholesterol harmful? Because it accelerates hardening and narrowing of the arteries. The bottom line is heightened risk of heart attack, stroke, and high blood pressure, among other things.

How much cholesterol is bad? It surprises many to learn that the upper levels of a "normal" American blood cholesterol is actually quite unhealthy. As an example, for a 40-year-old man in this country, up to 310, is considered "normal." But the 310 level carries

a four-fold risk of coronary heart disease compared to a cholesterol level of 185! Please note the important difference between "normal" (what most have) and "ideal" (healthy).

Exercise

By the way, a typical 40-year-old who exercises more than twenty minutes three times a week, who eats prudently and who doesn't smoke, could easily have a cholesterol 185 or below. Exercise has lowered mine to 132.

Who Should Check

So who should have his or her cholesterol checked? Everybody! When? By age twenty, then at least every ten years thereafter. Your doctor should want it checked more often if the level isn't healthy. These are the recommendations of recognized experts, and I agree with them.

If your cholesterol is at an unhealthy level, you better get serious about reducing your risk of heart attack. If your level is fine, keep it there. How? By stopping or decreasing whatever you're doing that may raise your blood cholesterol. Did you know, for example, that smoking increases your cholesterol level as well as having more than a dozen other adverse health effects? On the other hand, exercise improves cholesterol and blood pressure levels. Now we come to that old bugaboo, diet.

Want An Attack?

Let's pretend you actually wanted to have a heart attack for some crazy reason — say for example to not waste your life insurance. You'd want to eat the following: lots of eggs, bacon,

sausage, beef, shellfish, greasy foods and prepared foods (most of which have tons of saturated fat and salt). And keep on using butter instead of a margarine with polyunsaturated fat (from corn or safflower). That will sure enough help you have a coronary.

Too much cholesterol is a common, risky, treatable and silent hazard to your health. Do you happen to know what your cholesterol blood level is? Unfortunately, you'll more likely know how much oil is in your car.

Aerobics Proper

By J. Kurt Hertzberger
Health Services Command

We in this country are so concerned about losing weight that we don't think about what kind of weight we are losing. When we diet, the only thing that seems to be important is seeing the number on the scale getting lower.

There are even nationally known weight loss organizations where success is reflected only by how much weight one loses. Unfortunately, while losing fat, most people are also losing muscle. Of all the calories burned in the body, 90 percent are consumed by the muscles.

Muscles can be thought of as the body's engine. When the total muscle

Physical Fitness Program Needs Reasonable Goals

by Walter Woo
Health Services Command



Whatever physical fitness goals you set for yourself the basics are essential. These include good balanced meals (remember, what goes in will show on you), enough sleep, and a personal body development program.

Just as taking a trip by car requires a map to reach a destination, so you need a program in order to achieve goals in developing and keeping a shape that's desirable.

Shape, however, is just a form. It's not what you show, but how you show it. A thin, but flabby shape is just as bad as having waist folds. Along those lines, fat can't be shaken, steamed, baked or rolled off. Muscles are developed by exercising: pushing, pulling and contracting against forces greater than air. The body can "burn off" calories through exercise, but to shape, mold and develop muscles or "tone up," another facet of exercise is necessary.

And that's through weights, the so called "machines of steel."

Of course, you can strive to look like Charles Atlas if you care to, and take six years to reach the goal — or you can use weights and machines to help you reach a goal that is perhaps more fitting to your needs.

Years ago people thought that weights "build up" swimmers and make them too large to travel very quickly. Thanks to technology and a bold assertiveness, however, swimmers use weight lifting to make them better swimmers.

It's common to hear people say, "Well, I'll start a program sometime," only to never see them actually do it. If they do begin, they're often unable to keep going. They give up after a couple months because their final goal is not reached.

Goals take careful planning. Above all, you should give yourself time to develop properly. The results are well worth it.

- The Answer to Weight Control

mass of the body is reduced through weight loss, the need for calories is also reduced. This is one reason why people have a tendency to put on weight faster than ever, once they stop dieting. Because the body then requires fewer calories to run on, due to the loss of muscle tissue, there are more excess calories available to turn to fat. Dieting, by itself, only defeats the purpose of keeping fat off for good.

What then is the answer? The answer for ultimately curing obesity is exercise and the most efficient exercises for this purpose are called aerobics. We've all heard this term before, but briefly, aerobic exercise is defined as steady, uninterrupted exercise of sufficient intensity and length that it brings about a training effect on the

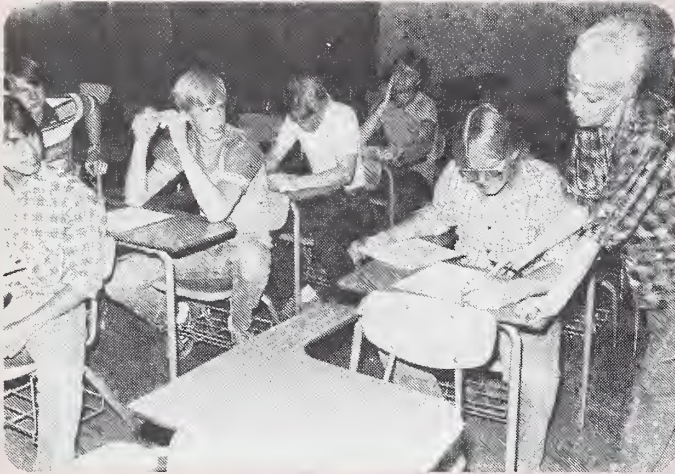
body. The key words in talking about aerobics are intensity and duration. The intensity is reflected by an appropriate heart rate, which is somewhat dependent on age, while the duration must be a minimum of 12 to 15 minutes at least three days a week.

When we increase the size of the body's engine, it burns calories at a faster rate throughout the day. This does not mean we need to have big bulky muscles, but rather it means making lean the muscles we already have.

Aerobic exercise is also the only form of exercise which can result in the breakdown of fat so that it can be burned as fuel. "Stop and go" activities such as sprinting, racquetball, calisthenics and golf, burn only muscle glycogen and not fat.



A CLASSIC FORMULA FOR SUCCESS, equal parts cooperation and hard work, has helped the Army recruiters in Sierra Vista, AZ put six local high-school students on the road to military careers.



Rachel Langley of the Phoenix MEPS explains travel procedures to six Sierra Vista, AZ, high-school students on their way to Army basic training.

Staff Sergeants Frankie Smith and Bobby Reed and Reservist **Sergeant First Class Bernardo Sanfeliz** signed up the teen-agers, who entered their senior year at Sierra Vista's Buena High School in September, under the USAR split-option training program.

The Phoenix DRC recruiters, working in the since-ended Combined Army Recruiting Mission (CARM) experiment, shared the administrative load and got credit for two enlistments each.

Their paperwork prowess allowed the six recruits to depart together for basic training at Ft. Dix.

It didn't hurt that all six students have close military ties, mostly to Ft. Huachuca, the home of Army intelligence and communications that borders Sierra Vista. Wallace and Urbach have fathers on active duty at the southern Arizona post, while Griffin's, Livingston's and Salo's fathers retired in the area. Knolles' dad, Ronald, is Army recruiting station commander in Renton, WA.

Still, the recruiters credited their success in obtaining the multiple enlistments mostly to a solid working relationship.

"It was a team effort, no doubt about that," Reed noted. "You have to have that all the time when you're working a station with more than one recruiter. We were operating under CARM, so we had to stay in close touch with what the others were doing. But even now that the program's over, there are still things about the Reserve,

say, that Smith and I have to rely on Sanfeliz to tell us. And vice versa on certain other topics."

The need for close cooperation will remain just as vital even with the end of the CARM tryout, stressed Sanfeliz.

The Sierra Vista recruiters figure to be reaping the benefits from their cooperative venture "for quite a while," added station commander Smith.

As late as mid-July, they were still talking to teens who'd first heard about Army opportunities from their recently enlisted friends.

The enlistment experts have been plotting strategy this summer for their campaign to prospect the Buena Class of 1983.

As for the new troops themselves, the service proved appealing for reasons ranging from the standard (the educational benefits and the chance to take a step toward a career) to the unorthodox (Wallace and Knolles saw basic as a good way to get in shape for the football season).

At the heart of it all, at least for a couple of the student-soldiers, lay a reason for which young people have been joining armies for centuries.

"I know it's kind of a funny word to use here, but maturity had something to do with my decision," observed Salo. "This is a big step for a high-school student to take. I think in a way we all wanted to see how we'd do. Not everybody would want to do it, and some people couldn't make it. But everybody in high school should consider it." (Tom Aldred, Phoenix DRC)

IN ORDER TO DO HIS JOB EFFECTIVELY, it is important for a recruiter to have a favorable relationship with community influencers such as school administrators, coaches and the local media. Jacksonville DRC recruiters recently improved their associations with all three groups through a single COI function.

Through contacts with various members of the media, the Jacksonville DRC became aware of a communications problem between the media and local high school coaches. In an effort to solve the problem, the DRC decided to host a COI function in the form of a high school football coaches' news conference. Representatives of the local media and area football coaches were invited to enjoy lunch and work out their difficulties. Also in attendance would be the DRC Commander, **Lieutenant Colonel Allyn J. Palmer**, and Jacksonville Station Commanders.

On the day of the news conference, the DRC representatives arrived early to set up a reception table and put up some Army posters. As the guests entered, they were greeted by the Army representatives. They were each

given an Army Desk Top Planner and a copy of the Army College Fund Booklet. Recruiters had a chance to speak with the coaches at their high schools, A&SP personnel chatted with media representatives and Palmer was able to buttonhole Dr. Herb Sang, Duval County (Jacksonville) Superintendent of Schools.

After everyone was seated, Palmer gave a brief welcoming speech and directed everyone's attention to the Army College Fund booklets. Next, Dr. Sang was scheduled to make some remarks. Instead of the short thank you speech everyone expected, he delivered a virtual testimonial for the Army and in particular the ACF. Coming from the Superintendent of all Jacksonville public schools, this represented the ultimate endorsement. Later in the event, Billy McCann from Englewood High School held up his ACF booklet and urged his fellow coaches to tell all their players about the College Fund, the DRC knew the function was truly a success.

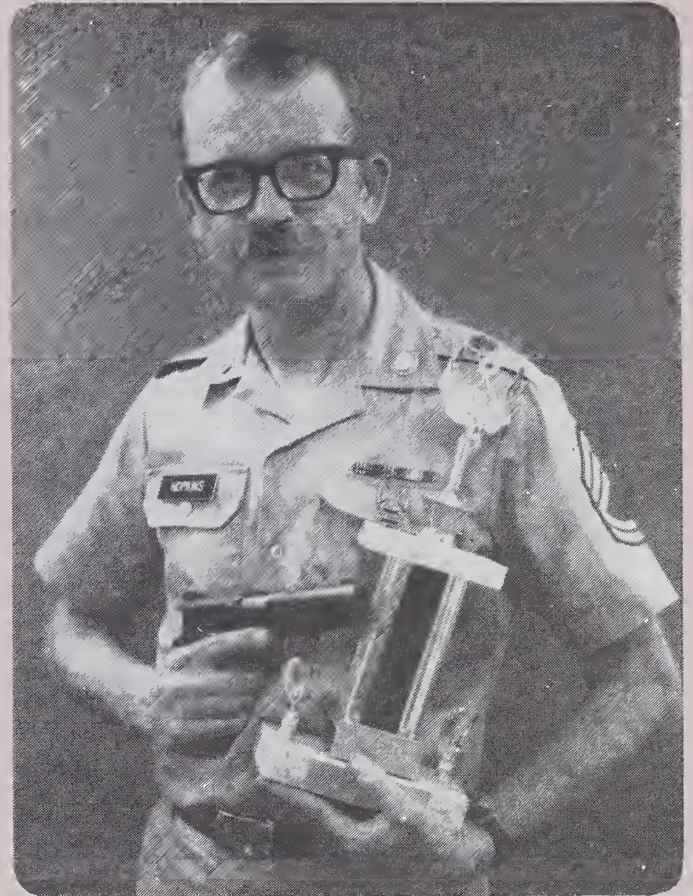
All the feedback received by the DRC was positive. The coaches and media representatives were both very happy with the results and plan to hold another news conference next year. Of course the DRC did not really have time to sit back and enjoy the success. You see, the planning was already underway for the first High School Coaches' News Conference. (Steve Otten, Jacksonville DRC)

THE SHOOTIST was a nickname for gunslingers in the Old West. **Sergeant First Class Larry L. Hopkins** is Kansas City DRC's modern day version. When he leaves his office, he relaxes by picking up a .45 caliber pistol, and winning trophies. His latest acquisition is the International Practical Shooting Confederation "Open" Class Trophy for the State of Kansas.

The match was held in DeSoto, KS, where Hopkins and 58 other "shooters" met to compete in two categories, (Championship and Open). Each contestant tried his skill in four courses of fire: The Practical Course (hitting targets from tunnels, barricades, and walls from different firing positions), the Speed Shoot (hitting selective moving targets quickly), and the Moving Vehicle Shoot (hitting targets from a moving vehicle). Points were awarded for both speed and accuracy. Hopkins won his class, and placed sixteenth overall.

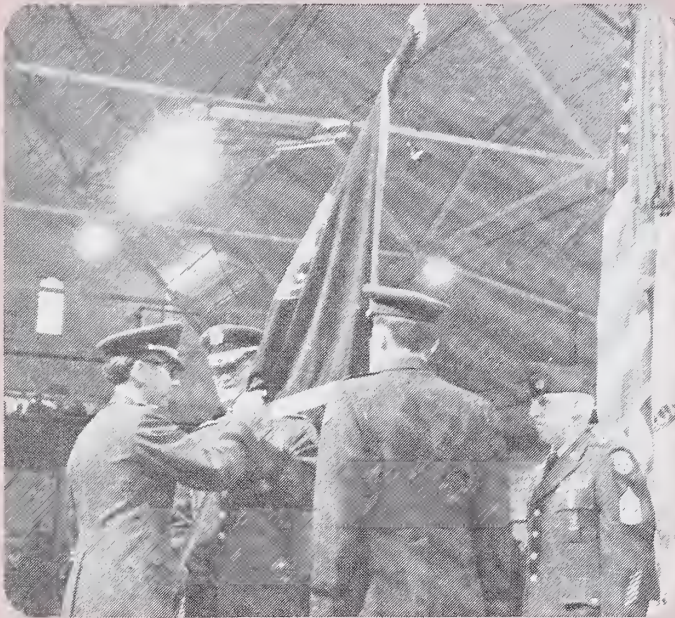
"Practical shooting differs from straight bullseye or target shooting in that it tries to simulate as closely as possible actual armed encounter," said Hopkins. "It's set up much the way police or highway patrol officers are trained in the use of sidearms."

Hopkins is a native of Lincoln, KS, and took up hunting 25 years ago with his father, a Kansas State Game Protector. Hopkins added "shooting" to his experience with guns when he joined the Army in 1967. He entered his first competitive bullseye matches in 1976, and began practical shooting in 1978 with a gun club in Topeka, KS.



SFC Larry Hopkins, Army Personnel Specialist for the Kansas City District Recruiting Command with his most prestigious award, to date. He won the "Open" Class of the International Practical Shooting Confederation for the State of Kansas.

Since then, Hopkins has gone on to win both cash and trophies with his pastime. But, along with his regular competitors, Hopkins enjoys the sport for reasons ranging from self-defense to physical fitness. There are about 60 people in the area, from diverse occupations, that compete regularly in the two-to-seven matches per month. The number of active participants is growing throughout the state, and new practical shooting clubs and matches are appearing more frequently. (Peggy Parsons, Kansas City DRC)



MG Jack O. Bradshaw becomes USAREC's eleventh commander as he accepts the unit colors from LTG Maxwell R. Thurman (left), Army Deputy Chief of Staff for Personnel. Also participating in the ceremony are USAREC Command Sergeant Major Geoffrey S. Smith, and outgoing commander MG Howard G. Crowell, Jr. (Photo by MSG Ray Harp, USAREC-PAO)

SARAH McCLENDON, CONSIDERED TO BE THE MOST OUTRAGEOUS inquisitor in the Washington press corps, and CPT Ruth B. Bagby, of Midwest Region Recruiting Command, headquartered at Ft. Sheridan, shared the platform during the 36th annual Women's Army Corps Association Convention.



Rita Miller shares some memories with CPT Ruth B. Bagby while thumbing through an old annual from the Women's Army Corps Training Center at Ft. Lee.

Bagby, who is serving as adjutant for the Midwest Region Recruiting Command, spoke to the more than 350 attending WAC veterans about the numerous opportunities the Army future holds for women.

According to **Jean Madden**, retired Army colonel and convention chairwoman, McClendon delivered a heated address suggesting that "certain male chauvinists and right wing groups are trying to imply that women ought not to serve their country in peace or war." The columnist, however, pointed out, "...women's service is being defended by top men in the military who think women perform better than men in some categories of jobs."

In keeping with the convention's theme, "Reflections of the Past — Visions of the Future", Master Sergeant Patricia V. Dreifort, assistant area commander of the Columbus Westerville Area, narrated a 30-minute slide presentation entitled "Star Spangled Pageant." The pageant depicted the evolution of the women's association with the military and combined the world of women's fashion, civilian and military, with the increasing participation of women in our national defense.

The Women's Army Corps Veterans Association has 34 chapters located throughout the continental United States and is comprised of women who served during World War II and the Korean and Vietnam conflicts.

(SSG Jaime Cavazos, Columbus DRC).

THE RECRUITING ADS POINT OUT a lot of the benefits of challenge, achievement and personal growth that people can get from military service.

What they don't usually show is how much soldiers contribute to the challenge, achievement and personal growth of their fellow citizens. But recently, soldiers from two Army Reserve units in Inkster, MI got a chance to do just that — helping the Boy Scouts of America in their efforts to develop the knowledge, character and confidence of youngsters from the Detroit and Windsor, Ontario, areas.

The part-time soldiers from Headquarters, 300th Military Police Command, and one of its subordinate units, 301st Military Police Prisoner of War Camp, provided people and equipment to support an international "camporee" sponsored by Northwest District, Detroit Area Boy Scout Council.

The campout took place in Lower Huron Metro Park in Belleville, MI, and was attended by some 700 Scouts and Scout leaders from the US and Canada.

The Reserve units provided a large tent, a generator and the water supply for the three-day, two-night event. Soldiers with medical expertise conducted "hands-on"



Army Reservists from the 301st Military Police Prisoner of War Camp, Inkster, MI with help from Boy Scouts and scout leaders, begin raising a big Army tent for a recent international scout campout in Belleville.

first-aid testing, in which the youngsters actually had to perform various emergency measures.

First-aid scorers were **Captain Sandra S. Elkins**, a nurse in civilian life, whose military job is assisting the 300th's chief of staff; and **Staff Sergeant James N. Bostic** and **Sergeant Daryl T. Hunter** of the 300th's medical section.

Members of the 301st's repair-and-utility section transported the tent and set it up with Scout assistance; delivered the generator and showed Scout leaders how to operate it; and emplaced a water trailer. They also retrieved the equipment following the campout.

Participating members of the section were **First Lieutenant Richard A. Suckow**, **Sergeant Hoyte D. Mears**, **Specialist 4 Donald J. Hamilton**, **Private First Class Lyman H. Siboloski** and **Private Michael N. Carroll**.

Scout leaders praised the soldiers' efforts, expressing special admiration for the way the medical people took time to teach the Scouts as well as test them. Organizers

thought so highly of the medics' performance that they invited them to assist at next year's campout in Canada. (CPT Harry Noyes, 300th MP Cmd)

WHEN IT COMES TO RECRUITING, **Staff Sergeant Richard Caron** of the Concord DRC likes to keep it in the family.

Caron, a Reserve recruiter is one of those dedicated reservists who is being all he can be. Not too many people would decorate their personal jeep in green colors of the Army nor would they get a license plate that reads 1-Army or have the "Be all you can be" slogan painted on either side of the hood.

As mentioned earlier Caron likes to keep it in the family. He did just that recently by enlisting his sister Rita for the 607th Military Police Platoon (USAR).

Rita is currently enrolled in a business secretarial course at Hesser College and has opted for additional in the Reserves. She will take an administrative specialist course with the 1034th USAR school.



Be all you can be may only be the Army's slogan, but it's a way of life for the Caron family. Sergeant First Class Richard Caron and his sister Rita, a recent recruit show off Caron's jeep which reflects the family's attitude.

The Caron family is a patriotic one and SSG Caron is doing his best to keep it that way. He has recruited one brother and hopes to convince another brother serving with the SeaBees to give the Army Reserve a chance. (SFC Greg Andruskevich, Concord DRC)



USACC's biggest

*by John Thorpe and Ellen A. Britsch
USACC PAO
Ft. Huachuca, AZ*

*Art by Len Trzeciak
USAREC-PAO*

7th Signal Command provides communications support to practically every state in the United States.

More specifically, Army Communications Command-Army Recruiting Command, provides communications support to practically every county in the United States in support of the Army Recruiting Command.

Communications support for the almost 3,000 recruiting facilities makes the Recruiting Command the Army's largest user of commercial tolls and one of the largest users of the Federal Telecommunications Systems (FTS).

Army funding in support of communications for the recruiting mission during fiscal year 1982 was \$17.1 million dollars.

Sixty-eight percent of this \$17.1 million was allocated for long distance and commercial circuit charges.

7th Signal Command's support for the recruiting mission means insuring that the more than 12,000 telephones and 10,000 commercial and FTS telephone lines are installed in the right locations at the right time.

Timely telephone installation is vital to support the operational traffic and recruiter prospecting activities.

The Recruiting Command is a dynamic organization, especially since the total volunteer Army has become

a reality. Recruiters are looking for qualified soldiers for today's Army and make numerous calls to high school graduates and seniors to arrange appointments with those who appear to be well qualified. After these initial contacts are made, recruiters then have to make follow-up telephone calls, confirmation calls and assignment calls.

"Seventy-five to 100 telephone calls a month is about average for a recruiter," said MAJ James D. Bryan, chief of the Resource Development Branch of the Recruiting Command Training Division at Ft. Sheridan.

This telephone prospecting is one of the foremost critical steps in recruiting, making the telephone one of the recruiter's most valued tools, according to Bryan. Bryan also said that about 40 hours out of a five-week recruiter training course is spent on the telephone.

"Role playing and telephone scenarios are used to teach the recruiters the best ways to use the telephone as a powerful sales tool," says Bryan.

USAREC's telephone service is vital to the communications mission of ACC-USAREC, an intermediate command of 7th Signal Command located at Ft. Sheridan.

Communications specialists are co-located with the headquarters of each of the five region recruiting commands.

Region communications specialists support the 56 district recruiting commands of the five regions through technical guidance, coordination and

customer - USAREC

validation of communications requirements with both the ACC area communications-electronics activities and the servicing telephone companies.

The region communications specialist also implements and monitors the communications economy program and serves as the region commander's staff communications-electronics officer.

Command and control in a geographically dispersed operation that includes Western Pacific and European facilities requires special emphasis on quality communications. USAREC people complement communications support at all levels of the command by providing telecommunications control officers and budget accounting technicians.

"Management data is updated daily on the telephone," said Bryan. Each station calls its information in to its area. Each area then consolidates its data and calls the information in to the district.

The recruiting command is now testing the Joint Optical Information Network (JOIN) which will include a communicating data terminal at each recruiting station. JOIN terminals will be interfacing the Army Recruiting and Accession Data System (ARADS). Both JOIN and ARADS will require extensive communications.

ACC-USAREC now supports more than 1,000 relocations, new facilities or communication upgrades each year. Communications specialists work with practically every telephone company in the United States and all ACC area

communications-electronics activities.

Additional challenges confronting the ACC-USAREC command are the methodologies required to provide responsive communications with the advent of telephone industry deregulation and the enactment of the prompt payment act. ACC-USAREC customers have already felt the impact of both actions and ACC-USAREC is currently working with 7th Signal Command and Headquarters ACC to continue the responsive communications that the recruiting command now enjoys.

ACC-USAREC was organized in January 1976 to provide the communications support for the Army Recruiting Command. Originally, there were four civilian positions at the headquarters.

In October 1976, the 7th Signal Command assumed the responsibility of paying for all communications-electronics required by USAREC.

Upon establishment of the Military Entrance Processing Command (MEPCOM), ACC-USAREC was given the dual responsibility of providing communications support for both USAREC and MEPCOM. However, in June 1982, the commander of ACC-MEPCOM assumed the MEPCOM communications mission.

During 1979 authorization was given to place a communications specialist at each recruiting region and a budget analyst at the headquarters. In 1982, additional authorization was given for the addition of two communication specialists and a budget assistant.





Update

Commissary surcharge to increase

Surcharge, the fee added to a customer's total purchase in Army commissaries, will increase to 5 percent April 1, 1983, according to the US Army Troop Support Agency.

The increase, approved by Congress, applies to all military commissaries and will standardize surcharges among the services. The Army's present 4-percent surcharge has been in effect since 1976.

More than \$59 million in surcharge was collected from Army commissary customers in Fiscal Year 1982. The funds are first used to pay essential operating expenses

such as telephone service, utilities (for commissaries in the United States), cost of paper bags, shopping carts and display cases.

Surcharge also pays for maintenance cost of refrigeration units, purchase of electronic cash registers and other equipment and inventory losses such as pilferage and spoilage.

It is not used to pay for salaries for commissary employees or maintenance of commissary buildings. (US Army Troop Support Agency)

MEPS: the 'E' means entrance

Effective 2 December 1982, the name of the US Military Enlistment Processing Command was changed to the United States Military Entrance Processing Command (MEPCOM). The word *enlistment* in the USMEPCOM Headquarters was changed to *entrance* to more clearly define the command's mission during mobilization as well as peacetime due to the fact that inductees enter, but

do not enlist into the military departments. In addition, the name change of the USMEPCOM Headquarters is consistent with the newly named Military Entrance Processing Stations (MEPS), previously referred to as Armed Forces Examining and Entrance Station (AFES). USMEPCOM is the parent command for the 68 MEPS located in the United States and American territories. (MEPCOM-PAO)

Corrections

The correct name of the Chicago DRC recruiter of the year, whose photo is carried on page 4 of the December 1982 *VOLUNTEER*, is **SGT Jerry Harris**.

Denver DRC's top recruiter of the year on page 5 of the same issue is **SSG Earl E. Hinchley** (not Henchley).

In December 1982, the master computer containing all *VOLUNTEER*'s mailing list came unglued and ate the list. During the rebuilding process many of your addresses were lost. Those units and individuals who do not receive their January 1983 issue are requested to write or call all *VOLUNTEER* (numbers on page 3), to get back on the list.



Diagnostic Test

January 1983 Answers

Inquiries regarding test questions and answers may be addressed to USAREC-USARCRO-T or phone AV 459-3954, commercial (312) 926-3954.

1. b - 85 - (USAREC Reg 350-7, chap 2, para 2-30c (1)).
2. b - False - (USAREC Reg 350-7, chap 3, appendix A, para 3a).
3. c - 365 - (AR 601-210, chap 5, sec XI, para 5-32 (3)).
4. b - 2 - (USAREC 350-7, chap 2, sec V, para 2-32a (5)(a)).
5. a - True - (AR 601-210, chap 5, sec III, para 5-9d (2)).
6. d - none of the above. - (AR 601-210, chap 2, table 2-3, rule F 1 c).
7. b - False - (AR 601-210, chap 4, sec III, para 4-13 b (2) (b)).
8. d - 60 days - (AR 601-210, chap 5, sec VIII, para 5-22).
9. d - he gets sworn into RA prior to his 35th birthday. - (AR 601-210, chap 2, table 2-1, rule A 1a).

10. c - a minimum of 1 month and a maximum of 3 months. - (AR 601-210, chap 4, table 4-7, line D).
11. d - all of the above. - (USAREC 350-7, chap 2, sec III, para 2-11 b (3)).
12. a - True - (USAREC 350-7, chap 2, sec III, para 2-12).
13. b - Station Commander. - (USAREC Pam 350-2, appendix E).
14. c - July - (USAREC 350-7, chap 2, section IV, para 2-31 c).
15. e - all of the above. - (AR 601-210, chap 4, sec I 4-1).
16. b - 18 - (AR 601-210, chap 4, page 4-3, para 4-13 b(2)(a)(b)).
17. c - Area Commander - (USAREC Pam 601-13, appendix D, page D-6, Interview Programs).
18. b - 641 - (USAREC Pam 600-10, page 9, para 1).
19. b - DA Form 751 - (USAREC Reg 1-13, page 2, para 6(d)).
20. b - rotated with a vehicle from a high mileage area. - (USAREC Reg 56-1, appendix A, para 2(b)).



Recruiter Aid

Alcohol and Drug Abuse Prevention and Control Program

It is important to recognize that alcohol and drug abuse is a significant problem. Its victims include rich and poor, adults and children, men and women. Alcohol and drug abuse degrades the mental and physical fitness of individuals involved, impacts adversely on family and friends, and ruins careers of those who neglect rehabilitation. Unfortunately, many individuals have lost their lives as a result of alcohol and drug abuse, and many more whom the final chapter of their lives have had an unhappy ending because of alcohol or drug abuse. This doesn't have to occur. However, it will likely continue because those affected refuse to accept the seriousness of the problem.

Alcohol and drug abuse is real. Department of the Army officials estimate that at least 10 percent of Army personnel use alcohol or drugs. Consequently, not only are individuals and families affected, but the combat readiness of the Army is degraded.

Accordingly, the Secretary of the Army and the Chief of Staff of the Army have issued a memorandum for all Army personnel emphasizing that "there is no place in the Army for alcohol or drug abuse." The USAREC Commanding General is also committed to this precept, his conviction is that effective alcohol and drug abuse prevention and control programs are essential at each echelon of command.

A primary goal of the Army's alco-

hol and drug abuse prevention and control program is to help those individuals with an alcohol or drug problem. Help is available to all military and civilian employees of the Army as well as their families, who have an alcohol or drug problem. If you have an alcohol or drug problem, you must recognize that you have a problem. To ignore it will only lead to disaster. Help may be obtained from the chain of command, the alcohol

Drinking-A Factor In Accidents, Crime

Even if you don't drink, you may experience the effects of alcohol. Consider the following:

- Alcohol use is associated in 69 out of every 100 drownings
- Up to 83 out of every 100 fire and burn deaths involved alcohol
- As many as 80 out of every 100 suicides involve liquor
- An estimated 72 out of every 100 robberies are committed by thieves who have been drinking
- As many as 86 out of every 100 murders are committed while under the influence of alcohol
- Rape? As many as 50 out of every 100 rapists have been drinking
- Problem drinking or alcoholism is in the history of 52 out of every 100 violent husbands,
- And 38 out of every 100 child-abusing parents have drinking problems.

Want some traffic statistics? In 1975, 23,000 traffic deaths involved alcohol.

How about on-the-job fatalities? Every year, an estimated 18,000 deaths on the job and ten million injuries are alcohol-related.

Alcoholism is not an exclusive club. America's second most prevalent disease, it claims ten million Americans as members.

—National Institute of Alcohol Abuse and Alcoholism



and drug liaison office at each USAREC activity (HQ Detachment/ Recruiting Support Center/RRC/DRC), from a minister, or from community organizations. If you have a problem, or the potential exists for the problem, get help as soon as possible. The longer you put off getting help the more chance there is of endangering your relationship with family and friends, your career, and your mental and physical well-being. As stated in the memorandum, "there is no place in the Army for alcohol or drug abuse".

Alcohol or drug abuse may make you feel good for awhile, but whatever problems you have won't go away unless you confront them. Don't let your life have an unhappy ending because you abused alcohol or drugs. (SSG Rod Epp, USAREC, QOL)

Fitness improves image of self, Army, recruiting

Story and Photos by Dennis Howland, Portland DRC

Being assigned to recruiting duty has both positive and negative effects. It takes an extra effort for the recruiter to stay in tune with the Army. These extra efforts include physical fitness, and many recruiters have found multi-benefits in the use of local commercial spas and health clubs for the maintenance of well being.

Prominent in recruiting duty are the effects of stress, pressure and the lack of unit physical fitness programs. These problems are often experienced when the "umbilical cord" is cut, losing the support of a military unit or installation.

One Portland DRC recruiter, SSG Henry Jacovino, has begun to realize the benefits of his local health spa to stay in tune with the Army's high standards of physical fitness. Jacovino has been assigned to the Gresham, OR, recruiting station since September.

"You often hear stories of soldiers who get soft after they leave the motivation of a post," stated Jacovino, "but until you experience that feeling, it's hard to realize what they're talking about."

Jacovino feels that using a spa or working out in a definite self-motivated program has a positive effect on him as a soldier and as a recruiter. He works out at a spa in his recruiting area and often participates in conditioning programs with a DEP.

"As an NCO," he explained, "it pays to keep in shape and it's expected of you to set an example for younger soldiers and develop a favorable public image. With the

recruiter/DEP relationship, the new enlistee can get an idea of what to expect in the Army, develop respect for NCOs, and learn about them and their role in the Army."

"In the absence of unit programs, such as those on posts, it is very easy to get slack," Jacovino added. "This can cause negative images of how the young enlistee views the Army. To them you are the Army."

"The benefits of physical training," Jacovino said, "begin to multiply from the standpoint of recruiting.

Very often the high visibility can give you leads, and working with the DEP can aid with referrals. The public begins to see the recruiter in a more professional role. An improved image of recruiters and the Army is definitely gained.

"Add this image gain to better physical conditioning, relaxing to combat the always present stress, professional appearance and leads, and you begin to realize the benefits are well worth the expense," he stated.

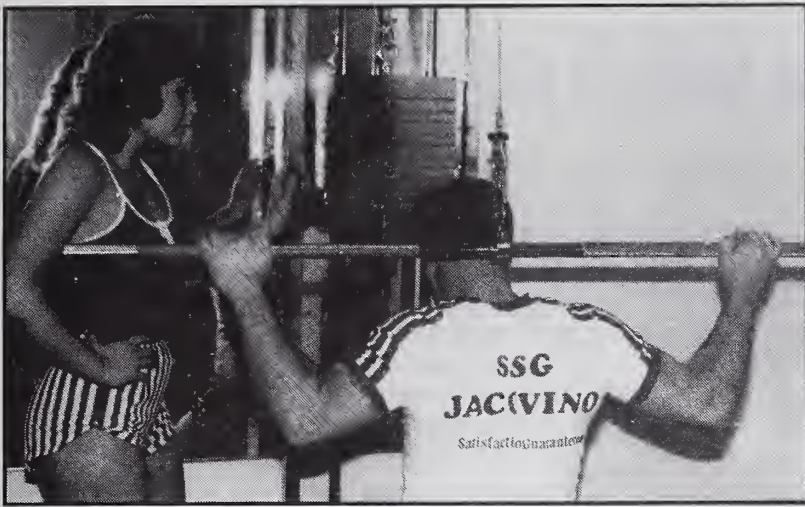
"Working out with your

DEPs can also help you in reducing DEP losses. They stay interested and you are able to keep them motivated toward basic."

From the viewpoint of the DEP, workouts are a means of preparing for the physical demands of Army training. Angela Lovely quit her after-school job to devote the time toward "getting ready for my Army enlistment." Angela, who works out at the same spa as Jacovino said, "I want to be ready for the running, exercises and other physical requirements of basic."



SSG Henry Jacovino works out at a fitness center and participates in conditioning programs with Angela Lovely.



Both Angela and SSG Jacovino agree that regardless of the type of physical program, both the Army and the soldier benefit from the conditioning and self-discipline.

She participates in weight lifting and aerobics and believes that her physical condition has improved while helping to keep her weight down. Working with Jacovino has "given me a better understanding of the Army. I was seriously considering another service but learning about the Army

College Fund really sold me on the Army," she explained.

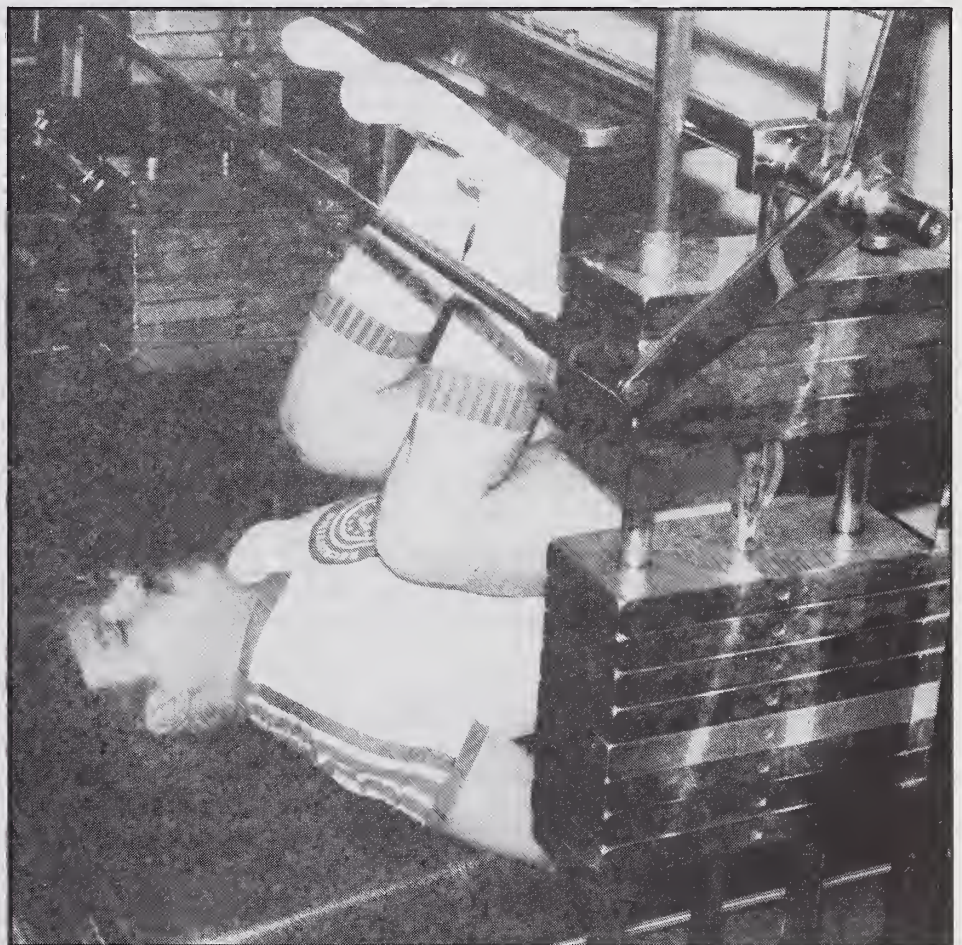
Angela studied the educational benefits of the Army so thoroughly that her term paper, entitled "The Aspects and Advantages of Enlisting in the Army Before Continuing on to a College Education," earned her an

A+. She leaves for active duty following high school graduation in June.

Both Angela and Jacovino agree that regardless of the type of physical program, both the Army and the soldier benefit from the conditioning and self-discipline while developing and maintaining a healthy profile. **T**



SSG Jacovino believes the benefits of physical training multiply from the standpoint of recruiting. He feels the added visibility provides leads and an improved image.





Diagnostic Test

FEBRUARY 1983

1. The Definition of a "contact" is?
 - a. Any personal contact with an individual for the purpose of enlistment.
 - b. Personal or telephonic communication with an individual by an Army recruiter, for purpose of enlistment into the Army.
 - c. Personal or telephonic communication with an individual by an Army recruiter, for purpose of establishing interest in an appointment and enlistment in the Army.
 - d. None of the above.
2. Disposition for a priority A REACT lead must be reported back to REACT center within _____.
 - a. 45 days
 - b. 30 days
 - c. 90 days
 - d. 72 hours
3. Station Commanders will review each recruiters planning guide _____ when possible.
 - a. daily
 - b. weekly
 - c. monthly
 - d. as needed
4. A prior service applicant that was discharged in pay grade E-3 with 4 years Active Service is eligible for enlistment without a waiver.
 - a. True _____
 - b. False _____
5. A Prior Service applicant must reveal all disqualifications since _____.
 - a. discharged from service
 - b. during last tour of service only.
 - c. last tour of duty and those that were not previously revealed, to include all Article 15's and courts martial convictions and lost time.
 - d. all law violations will be considered.
6. DA Form 1811 may be used in lieu of ASVAB testing if a _____.
 - a. PS applicant has less than 6 month break in active service.
 - b. PS applicant is enlisting in former MOS only.
 - c. PS applicant does not request retest.
 - d. PS applicant has less than 12 months break in service.
7. Applicants under 16 years old may be given the enlistment physical if _____.
 - a. he is enlisting in the USAR in a CIHS (Currently In High School) status.
 - b. he is not going to contract into the DEP or RA until after his 17th birthday.
 - c. cannot physical.
 - d. he is taking a physical for USAR only.
8. A male applicant who is 17 years old and a non high school graduate must take a MAP (Military Applicant Profile) test and pass with a score of 60 or above.
 - a. True _____
 - b. False _____
9. A Prior Service applicant can enlist into the USAR at age 55 if _____.
 - a. applicant is granted a waiver and can retire by age 65.
 - b. applicant is not qualified, no waiver considered.
 - c. applicant has had less than 180 days break in service.
 - d. applicant can qualify for retirement pay by age 60, is a former enlisted member of the Armed Forces and has an approved waiver.
10. A Prior Service applicant with a RE Code 2C from the Army can enlist in the Active Army at any time after separation.
 - a. True _____
 - b. False _____
11. Divisions V, VI, and VII of the Recruiting Prospect Card File will be maintained by _____.
 - a. Station Commander
 - b. Army Nurse Corps Recruiter
 - c. College Recruiter
 - d. All of the above.
12. _____ have direct responsibility for monitoring/supervising the Schools Program.
 - a. Area Commanders
 - b. Assistant Area Commanders
 - c. Station Commanders
 - d. College Recruiters
13. The Station Commander uses the _____ to establish minimum requirements, predict future performance, and identify training needs.
 - a. Processing List (PL)
 - b. Production Management Sheet (PMS)
 - c. DEP/DTP Log
 - d. None of the above.
14. Persons who are receiving disability pensions or compensation from the VA for any reason will _____.
 - a. not be allowed to enlist.
 - b. be required to waive the pension or compensation for any period of military service.
 - c. be required to pay back any pension or compensation received prior to enlisting.
15. High school diploma graduates or GED equivalents initially enlisting in the USAR, whose enlistment is within 180 days of entry on IADT, are authorized up to _____ paid IDT periods.
 - a. 24
 - b. 12
 - c. 6
 - d. Are not authorized paid IDT periods.
16. In order to be an effective management tool and provide maximum assistance to the recruiter, RSMS forms will be maintained by the _____.
 - a. Recruiter
 - b. Station Commander
 - c. Area Commander
 - d. All of the above.
17. Station Commanders will monitor and supervise the overall construction, utilization, maintenance, documentation, and coding of USAREC Forms 539 available in the Recruiting Station.
 - a. True _____
 - b. False _____
18. The REACT Management System is designed to track REACT and USAR unit referral cards through the Recruiting Station. Upon receipt of a card, the Station Commander will:
 - a. screen the lead against divisions V, VI, and VII.
 - b. establish a realistic suspense date.
 - c. detach the management portion of the card.
 - d. pass the lead portion of card to the recruiter.
 - e. All of the above
19. The ultimate authority for the Domicile-To-Duty Program is _____.
 - a. Station Commander
 - b. Area Commander
 - c. DRC Commander
 - d. Congress of the United States
20. COI/VIP cards USAREC Form 125 will be screened semi-annually by the Station Commander and recruiter. The Station Commander should destroy a COI card when?
 - a. 1 year after card was prepared.
 - b. COI is no longer assisting recruiter.
 - c. Annually
 - d. All of the above.



The Top 100 Club

The command's most elite and successful on-production recruiters have been selected for membership in the Commanding General's "100 Club." These recruiters contributed significantly to mission accomplishment during the fourth quarter and will receive a special certificate of recognition. The selection of the top 100 recruiters was based on the number of incentive award points accrued during the fourth quarter. Competition will be on-going; shoot for membership. It's a great honor.

NAME	IAPs	DRC			
SSG Thomas R. Scanlon	612	Atlanta	SSG Roger N. Stoll	294	Kansas City
SSG Alfred Padilla	574	Lansing	SFC Benjamin Hancock	289	Columbia
SSG Bert E. Thomas	516	Raleigh	SFC Ricky L. Bowerman	288	Balt/Wash
SFC Phillip Hladky	462	New Orleans	SFC Ron Dison	288	Montgomery
SSG John F. Boyko	461	Pittsburgh	SFC George Cleary	287	Phoenix
SSG Jimmie Williams	448	Miami	SSG Vern F. Roach	287	Lansing
SSG David J. Magyar	447	Jacksonville	SFC Robert Johnson	286	Nashville
SSG Thomas E. Osborne, Sr.	438	Minneapolis	SSG Joseph A. Marck	286	Sacramento
SSG Doretha Rookard	438	Columbia	SSG Richard Gray	284	Miami
SSG Thomas K. Stehle	438	Lansing	SSG Gregory J. Hall	282	Atlanta
SGT Linda L. Reed	408	Raleigh	SFC Jesse McIntrye	282	Miami
SSG Kenneth Kampas	407	Peoria	SFC Larry E. Tate	282	Cincinnati
SSG James Nickerson	404	Nashville	SGT Hosieethe Hughes	281	Peoria
SFC Rona Sheppard	400	San Francisco	SFC Willie J. Hopkins	278	Los Angeles
SSG Solomon Dukes	394	Sacramento	SFC Jon R. Patterson	278	Lansing
SSG Gordon F. Gant, Jr.	394	Albuquerque	SSG Barry A. Sousie	276	Denver
SSG George W. Greenway	394	Phoenix	SSG Paulette Merrell	275	Columbus
SSG David G. Roberts	374	Denver	SFC Paul Odom	274	Nashville
SFC Ormond G. Cunningham	370	Balt/Wash	SSG Timothy J. Bretl	273	Milwaukee
SGT David S. Broxterman	364	Cincinnati	SSG Howard L. Maynor	273	Columbia
SSG Colleen O'Neill-Curtice	364	Phoenix	SSG John D. Ramos	273	Syracuse
SFC Charles Register	362	Dallas	SSG Joel Smith	273	Montgomery
SSG Steven G. Michelsen	360	Seattle	SSG Alan R. Terwilliger	273	Syracuse
SSG William Shorter	346	Miami	SFC Gearold J. Shaw	272	Indianapolis
SSG Ronald B. Buster	344	Minneapolis	SSG Curtis W. Jarvi	271	Salt Lake
SGT Danny L. Parrish	343	Pittsburg	CPL John K. King	271	Minneapolis
SFC Carl T. Garner	342	Raleigh	SSG John H. Adams, Jr.	270	Little Rock
SGT Delbert Grinter	340	Phoenix	SFC Steven A. Douglas	270	Santa Ana
SSG Mark A. Livingston	340	Des Moines	GS7 Jerry L. Hinson	270	Detroit
SFC Clifford M. Harvey	328	Harrisburg	SGT James W. Schaaf	270	Salt Lake
SFC Thomas A. Ray	328	Raleigh	SFC Gary Kennedy	268	Cincinnati
SSG Larry P. Aguirre	322	Phoenix	SFC Sidney Maxwell	268	Sacramento
SSG Billy J. Reed, Jr.	320	Indianapolis	SSG Gary L. Curtis	267	Detroit
SSG Larry G. Zimmerman	320	Atlanta	SSG Martin E. Lyons	266	Columbia
SFC Daryl Perry	319	Miami	SSG Jimmy D. Pridemore	266	Jacksonville
SFC Daniel Szarek	317	Dallas	SFC John L. Stribling, Jr.	265	Detroit
SSG Rene N. Guerrero	313	Indianapolis	SSG Francis A. Goggins	264	Jackson
SGT Gladys Quinones	313	San Juan	SFC Aaron E. Renninger, Jr.	263	Harrisburg
SFC Dale R. West	310	Des Moines	SSG Harold Blount	262	Atlanta
SSG Willie Cook	308	Peoria	SFC Harry Chambers	262	Montgomery
SSG Jerry Porter	308	Miami	SSG Jerry Conaway	262	Detroit
SSG Thomas Hughes	303	Syracuse	SSG Bobby R. Strickland	262	Charlotte
SFC Ronald C. Basedow	302	Atlanta	SFC Randy D. Shull	259	Lansing
SGT David S. Perkins	300	Concord	SSG Thomas G. Charette	258	Lansing
SSG Charles R. Evans	299	Indianapolis	SFC Arnold E. Fripp, Jr.	258	Long Island
SFC Mack A. Gatling	296	Cleveland	SSG Floyd W. Harrison	258	Indianapolis
SSG Bruce E. Hoffman	296	Lansing	GS7 George V. Noirot	258	Lansing
SSG Frank J. Casillas	295	Lansing	SGT Sherwood L. Stephens	258	Balt/Wash
SSG Larry H. Holloway	294	Cincinnati	SFC Shelva Conley	257	Houston
SSG William G. Reed	294	Pittsburgh	SSG LeRoy E. Steigerwalt	255	Pittsburgh

Jeff Behuniak, an ROTC cadet at Kansas State University, is one young man seeking a career in the military who is taking advantage of the Reserve Officers' Training Corps (ROTC) Simultaneous Membership Program. SMP is a two-year program which lets qualified folks join the Army Reserve or National Guard, and at the same time, enroll in Army ROTC. Depend-

hind me I am much better prepared to be a leader of troops than had I not been one myself."

As a tie-in with his academic career, Behuniak has found that his military experience, especially such things as ROTC Advanced Camp, has helped create in him a discipline that has really paid off in school. "The Army woke me up," he says. "I was a

over the United States. He believes this gave him an insight into not only the Army itself, but the various kinds of people that make up the Army and the assortment of jobs that are open to military personnel.

What actually sold him on the ROTC program was observing the kind of training the cadets got while he worked one summer at Advanced Camp as a

SMP satisfies cadet

by Mona E. Kessinger
HQ, Third ROTC Region

ing on the academic year when they enter the program, SMP can help them put up to \$7,000 in their pocket while still in college.

"The way I look at it," Behuniak commented, "I am stepping up. I am taking advantage of everything that the Army is willing to give; essentially, taking it one step at a time. I spent four years from 1976 to 1980 in the Army, stationed at Ft. Riley, joined the National Guard in February of 1981, and the ROTC department at Kansas State University in August of 1981. I am presently in the fourth year of military science at KSU."

Behuniak believes a big advantage of the SMP program is that it allows one to assume the leadership role in bits and pieces; at your weekend drills, for instance, where you play the role of 3rd lieutenant. This cuts down on the kind of shock that a young lieutenant might get from serving his first day on active duty as an officer.

"Hopefully," states Behuniak, "by the time I get commissioned in May of 1983, I will have had a fair amount of experience to prepare me for my role as a leader. I really value my enlisted time in the Army. It gave me an insight into the thinking of the enlisted soldier that I don't think any book or course could give you. I like to think that with my enlisted experience be-

below average student in high school. I am now doing very well in the mechanical engineering technology curriculum at Kansas State. When I joined the Army, I really knew nothing about Army life; but I learned to love it. It's like everything else in life ... you get out of it what you put into it."


Behuniak believes that his four years in the Army have taught him that if you want to be worth something in this world today, you have to go after something that's difficult to get. "You have to set a challenge for yourself, a goal, something to strive for," states Behuniak. "That's why I enrolled in the engineering curriculum, not being a particularly proficient math student. It is a big challenge for me. But the self-discipline that I developed while in the Army has made it possible for me to sit down and to work out my academic shortcomings and overcome them; and the result has been a very, very good education at Kansas State. Sometimes you have to fight that urge to run out on a Friday or a Saturday night, and you have to just stay there and study. This is something I found impossible to do before the Army."

During his four years in the Army at Ft. Riley, Behuniak was a photojournalist for the *Ft. Riley Post*, and in this capacity traveled in Germany, Canada, and Panama, as well as all

writer for the camp newspaper, *The Kaleidoscope*.

Cadet Behuniak finds the financial benefits through the SMP program very beneficial. He is a recipient of the GI bill, a VA benefit, and in addition to the \$100 a month he receives through ROTC, receives \$130 a month through his affiliation with the 105th Public Affairs Detachment with the National Guard at Forbes Field in Topeka.

He is a photojournalist/editor on the *Plains Guardian*, the Kansas National Guard Newspaper. "During my experience in military photojournalism I have found it essential that one maintains a positive attitude about the Army," states Behuniak, "because we in this field are essentially advertisers. Our job is very similar to recruiting. If you're sour about the Army, it's going to reflect in the work that you do and that just doesn't make for good military photojournalism."

As for the future, Jeff would like to take advantage of the degree he is working towards and get into ordnance, where he could utilize some of the skills he is learning as a mechanical engineer technologist. "The Army is looking for good qualified people with a technical background," says Behuniak, "and I want to be one of them." 

Pair of hometown aides cause full-house at Recruiting Station

by Bill Pearce
Seattle DRC

Together all the way. High school, basic training, military police school and now special duty as hometown recruiters at the Tacoma Mall, WA Recruiting Station. For Lisa and Eric Hicks being together has been a part of becoming a soldier. Both 19, they graduated from Lakes High School in Tacoma in 1981 and were married in 1982. A month later they enlisted in the Army for a three year tour. Says

Lisa "Things weren't easy at first." Although the Hicks were in the same basic training company they were unable to spend any time together until their first weekend pass at the end of the fourth week of basic training. "It was hard but it was also a fascinating adventure" says Lisa of the long weeks of basic training. Eric adds "We really trained hard and we learned a lot about the Army and a lot about ourselves."


Lisa and Eric were in the unique position of having the opportunity of spending their 45 day recruiting tour

using the experience they've gained to help them talk to young people about the Army. Being Hometown Recruiter Aides is something both of them really wanted to do. "Out of seven people who applied for the position in our area we were the only two selected" explains Lisa.

Smartly turned out in their green uniforms the two young soldiers present an impressive appearance when they visit the local high schools. They are both tall, Lisa is 5'11" and Eric is 6'2", and slim and they attract attention as soon as they walk in. "We feel that this is an important job," says Eric "and we both intend to make our time here very productive."

SFC David Raines, the Tacoma Mall Commander, is very proud of the couple. "They're unique and they're two of the best we've ever had on duty" he says.

Lisa is considering making an application in the near future for the Criminal Investigation Division. After that her plans are flexible. Eric had his mind made up. "I plan to apply for flight school" he says with a smile; "I really expect to make a career of the Army."

Next stop for the couple is Ft. Hood, where they will begin careers in the Military Police as part of the 411th Military Police Battalion. 



Eric and Lisa Hicks, a husband-wife Hometown Recruiter Aides team, recently were stationed at the Tacoma Mall, WA, recruiting station. The pair, together through high school, basic training and military police school, are assigned to Ft. Hood, TX.

Recruiter organizes against crises



Station commander, gold badge recruiter and founder of "Parents for Heroes", Sergeant First Class Bill Van Nieuwenhuize finds satisfaction helping others.

**Story by Mark DeFrances
Sacramento DRC**

Sergeant First Class Bill Van Nieuwenhuize is a US Army recruiter. He is also a "recruiter" for a group of young heroes and their parents. One of these jobs alone would be enough for anyone, but Bill Nieuwenhuize does both of them very well and with a deep sense of commitment.

Bill is station commander of the Army recruiting station in Vacaville, CA, part of the Sacramento DRC. He has earned the coveted recruiter gold badge for recruiting excellence. He is articulate, straightforward and honest in his dealings with prospective enlistees.

"Our biggest and most ambitious project is building a permanent campground for our heroes at a nearby lake," Bill continues. "We've sponsored a five day summer campout the past two years and the response has been terrific. The camp allows our families to take a break from the hospital environment and give the children a chance to talk about their illnesses, problems and fears with others of their own age. The parents also have a chance to talk to other

parents. That's what support is all about."

So, as Bill Van Nieuwenhuize recruits for the Army he recruits for his little heroes and makes life a bit brighter for some very special people.

The same commitment that Bill Van Nieuwenhuize uses in his recruiting effort for the Army is very evident when he talks about his heroes.

In 1979, Bill and his wife, Nettie, lost their 22 month old son, Roger, to cancer. While their son was being treated at the nearby Travis Air Force Base David Grant Medical Center, they met two other couples in the same situation.

The three families supported each other during the long days and nights. Having someone near who understood and shared their plight didn't lessen the pain but made it somewhat more bearable.

The bravery of the young people afflicted with cancer, leukemia and other serious blood related illnesses impressed Bill Van Nieuwenhuize. He thought of these youngsters as real heroes. And they were heroes. They not only faced treatment — chemotherapy, blood tests, etc. — as a matter of routine, but they also faced other children who didn't understand why they couldn't keep up at play or had to wear a wig to cover loss of hair caused by the treatments.

While these young heroes were coping with their illnesses, their parents were trying to cope with their feelings and the realities brought on by these traumatic events.

Using their own experience as a guideline, the three families who first shared their support in the hospital decided to enlarge their efforts to include others. Thus "Parents for Heroes" was born.

This non-profit group dedicated itself to the simple idea that families

with children who had severe blood disorder illnesses would and could support each other and share resources. The primary objective is the psychological welfare of the child and the family unit.

To accomplish that objective, "Parents for Heroes" started planning for a Christmas party and recruiter Bill Van Nieuwenhuize became spokesman for the group. He solicited help from local businesses to help put together a party for his heroes. He got permission from the director of the service club at Travis AFB to use their facility.

This group didn't get together just to have a Christmas party. Their mutual support provided for baby sitting, transportation, expenses, special equipment and informal counseling sessions. Members pay no dues and money generated to provide the services is donated or obtained at special fund raising activities. "Parents for Heroes" is not affiliated with any specific religious or civic organization although other agencies have assisted them financially and with services.



CMF 27

Staff feature

It isn't easy to name CMF 27 in one breath, but soldiers looking for a challenge may find one when they enlist or reenlist in the active Army for any of 11 entry level MOSs in the career field of Ballistic/Land Combat Missile and Light Air Defense Weapons Systems Maintenance.

The 11 MOSs are used primarily in Field Artillery, direct support and general maintenance units. CMF 27 offers soldiers opportunities to work with their hands in a field dependent on technical knowledge and electro-mechanical abilities.

The basic qualifications for MOSs in CMF 27 are basic electrical, electronic mechanical, and mathematical abilities and aptitudes. A high degree of verbal ability for comprehension and communication of complex tech-

Successful applicants for this career management field will be required to learn subjects such as functioning, assembly, testing, maintenance, and calibration of a wide variety of equipment and systems. Soldiers working in CMF 27 can expect to work with a broad range of mechanical, electrical, electronic, and infrared components of some very complex weapons systems. Depending on the MOS, there are also specific requisites which applicants must meet. The MOS-specific requirements range from a security clearance prior to attending the school, to obtaining a qualifying score on one or more of the ASVAB tests.

The 11 occupational specialties in CMF 27 include:

1. 21G — PERSHING Electronics



Soldiers working in CMF 27 can expect to work on various weapons systems, such as a track-mounted VULCAN.

nical data, as well as good reasoning ability to diagnose equipment malfunctions are also needed.

The physical requirements for the CMF include normal color vision, good night vision and hearing. Hand-and-eye coordination, manual dexterity and clarity of speech are also necessary requirements.

- Material Specialist,
2. 21L — PERSHING Electronics Repairer
3. 46N — PERSHING Electrical-Mechanical Repairer
4. 24M — VULCAN Systems Mechanic
5. 24N — CHAPARRAL Systems Mechanic

6. 27E — TOW and DRAGON Repairer
7. 27G — CHAPARRAL and REDEYE Repairer
8. 27N — Forward Area Alerting Radar Repairer
9. 27B — Land Combat Support System Test Specialist/LANCE Repairer
10. 27F — VULCAN Repairer
11. 27H — SHILLELAGH Repairer

The training varies for each MOS, and completion of two MOSs in CMF 27 is contingent upon completion of another related MOS, (outside the CMF). The length of training for each MOS also varies, but the schools generally last from 13 weeks and three days, to 33 weeks. Lengths of schools are not listed, as they are subject to change. The training sites and those MOSs which are included in the training for CMF 27 are listed as follows:

1. 21G — Ft. Sill
2. 21L — Redstone Arsenal
3. 46N — Redstone Arsenal
4. 24M — Ft. Bliss, (includes training in MOS 16R, Air Defense Artillery Short Range Gunnery Crewman).
5. 24N — Ft. Bliss, (includes training in MOS 16D, HAWK Missile Crewmember).
6. 27E — Redstone Arsenal
7. 27G — Redstone Arsenal
8. 27N — Redstone Arsenal
9. 27B — Redstone Arsenal
10. 27F — Redstone Arsenal
11. 27H — Redstone Arsenal

The career management field also includes MOS 27Z, Systems Maintenance Chief, which is the E-8 and E-9 career goal for all MOSs in CMF 27.

Soldiers working in the field can expect to work with many types of equipment, including PERSHING, VULCAN, FAAR and CHAPARRAL and Land Combat Support systems. Other weapons systems which soldiers in CMF 27 can expect to work with include LANCE, TOW, DRAGON, REDEYE, SHILLELAGH and Multiple Launch Rocket System.

Soldiers in CMF 27 can expect a challenge which involves comprehension of technical data and constant hands-on training.





CMF 27

UNIVERSITY OF FLORIDA



3 1262 09681 6698

